



CHANGES

— HEALING CENTER —

AA STEP 6 WORKSHEET

Complete each section of this worksheet as you navigate AA Step 6. Print several copies - one for each character defect you'll reflect on and confront.

List one character defect you struggle with:

Are you ready to let go of this flaw? Circle one:

Yes

No

Describe fears you may have about letting go of the defect:

If you need professional support for a substance use disorder, call Changes Healing Center at 602.691.7244.